



Anamaehkatwan-Kesog
Shaking Hands Month

JANUARY 2009
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Maehnowesekiyah Wellness Center

Happy
New Year

"One Day at a Times" Newsletter 2009

DV Shelter Reopens



Maehnowesekiyah is proud to begin this new year with great news!!!! The Domestic Violence Shelter has been reopened!! With the assistance of a Federal Rural Development grant, services at the Shelter resumed on December 26th 2008.. **"I am pleased that we are again able offer these services to the community"** comments Dr Steve Dakai, Treatment Supervisor. Along with the reopening of the shelter came a new team of staff headed by Family/ Domestic Violence Program Manager-Michelle Bailey. **"We were able to hire 2 full and 1 part time house aides for the shelter"** comments Michelle. In addition Michelle stated that **"we are actively seeking donations for the shelter and actively recruiting volunteers to help cover shifts, transport clients and maintenance/upkeep of the facility"**.

Reopening of the shelter means another protective factor added to the community increasing the overall safety and security of our community.

A complete list of services now available to Domestic Violence victims and a list of items that the shelter needs are on Page 3. An updated list of DV staff is on Page 4. For more information on the DV Shelter or DV Program contact Michelle Bailey at Maehnowesekiyah at 799-3835

"Services at the shelter resumed December, 26th 2008"
comments Dr Steve Dakai

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Our Mission

-Provide culturally specific Alcohol, Drug, Mental Health, Adolescent, Domestic Violence, Treatment, Prevention and Support Services for Native Americans and their Families.

-Be responsive to community needs by providing comprehensive continuum of AODA and other services

-Promote positive relationships between MWC, Resource providers and the Community.

Phone Numbers

Mainline-
(715) 799-3835
Fax
(715) 799-3836
DV Line
(715) 799-3931
DV Hotline 1-888-799-3931
Runaway Hotline 1-800-474-6689



ASK DR. STEVE- Starting Your Day

Dr Steve Dakai is the Treatment Supervisor
at Maehnowesekiyah Wellness Center



QUESTION: Hey Doc! I seem to have a tough time starting my day out in a good way you got any suggestions to help me? M.J.

ANSWER:

Thanks for the question M.J. Take comfort in the fact that you are not alone with this issue there are many, many human beings who struggle with starting their day off in a good way. Here are some suggestions, utilize them for a couple of months and then let me know how they are working for you!

- 1. Put on some music. Music therapy has been shown to reduce stress and have a positive effect on health. Listening to music as you get ready and start your day will create positive energy and a soothing sense of peace.*
- 2. Stretch in the shower. The hot water will loosen up your muscles, so its easier to get a good stretch.*
- 3. Eat a balanced breakfast. Breakfast is known as the most important meal for the day for a very good reason; a healthy meal in the morning can balance your blood sugar levels and give you the sustenance you need.*
- 4. Drink green tea. Sipping a warm cup of tea is a soothing activity that will help you to prepare the day.*
- 5. Write in your journal. Journaling has many health and stress management benefit and can also lead to increased self-awareness.*
- 6. Take a morning walk. Walking has so many healthy benefits. A morning walk can get you ready for your day, help you sleep better at night, lower your stress level and reduce your risk of numerous health conditions.*

To read any of Dr Steve's articles in full or to post your own question to Dr Steve email him at sdakai@mitw.org

Elder Words of Wisdom

Oh Great Spirit, remove from me the things that block my usefulness to You. Remove from my day all thinking that is out of harmony with Your ways. Grant me Your peace and allow me to function as a hollow bone.

--Frank Fools Crow, LAKOTA



Courtesy Whitebison.org

Maehnowesekiyah Wellness Center-Domestic Violence Program is pleased to offer a full array of Domestic Violence Services including the following;

- **Emergency Shelter for Woman and Children**
- **Emergency Crisis Intervention including Crisis hotline**
- **Legal Advocacy including Restraining Orders and No Contact Orders**
 - **Individual Counseling**
 - **Information and Referral**
- **Support Groups for Woman and Children**
- **Community Education**

The Domestic Violence shelter is seeking donations from the community for the Following:

- **Blankets**
- **Lamps**
- **Throw Rugs**
- **Bookshelves**
- **End Tables**
 - **Dressers**
- **Clean Clothing**
- **Canned or Fresh Foods**
- **Or anything that you would like to donate**



Dr Ann Bullock and Faye Dodge pose for a picture during the **HISTORICAL TRUAMA** community presentation held on 1-16-09 at the high School.

Dr Bullock's presentation revealed some of the most compelling scientific data yet on the effects of pre and post natal trauma. Dr Bullock quoted **"What you walk around with is the first 2-5 years (of life)."**

Maehnowesekiyah wishes to express our Support and gratitude to Dr Bullock and Faye for their work in improving the wellness of our community.

The presentation was sponsored by Menominee Tribal Clinic and MISD. Contact Faye Dodge for more information on the presentation.

Employee Page

Welcome to New DV Staff
Shelter Aide–Sasawn Madosh
Shelter Aide–Lyndsey Gatz
Shelter Aide–Melinda Davis
DV Advocate–Carol Nunway
DV Counselor– Cassie Richtor

Happy
Martin Luther King Day
Day 01/19

Congratulations!!

To Prevention Worker Jennifer Fowler
for receiving her **Prevention Specialist-In Training** Certification
from the Wisconsin Department of
Regulation and Liscensing.Great Job
Jennifer!!



Welcome to new employee
Derrick Hubatch
Derrick joined us on 12-
08-08 as a General Main-
tenance Worker



Welcome to new em-
ployee
Emily Tourtellott
Emily joined us on 01-21-
09 as a Kitchen Worker



Happy Birthday!!!

Fossum, Jodi	10
Hubatch, Derrick	29
Jacobs, Cheryl	04
Wilber, Shannon	12
Will, Frederic B., M.D.	19

Winter Round House Underway

With the Ice frozen over and a large blanket of snow, this years Winter Round House got underway on January 8th 2009. This family-event series will be held every Thursday Night from 5:30pm-8:00pm at the NEOPIT MIDDLE SCHOOL. (except 2-5-09)

We would like to invite all Community Veterans, Elders, Youth, Drum Groups, Dancers, Singers, Storytellers and Presenters to come forward to share your gifts with our audience.

Volunteers are needed to help with the event, any donations for food or give-away will be greatly appreciated. We will also be collecting HOUSEHOLD items for the DOMESTIC VIOLENCE SHELTER at each of the gatherings.



- Language Presentations.
- Round & Spot Dances
- Stories
- Community Presentations
- Door Prizes
- Dance Exhibitions

Just a few reminders

- All youth must be accompanied by an adult
- Bring a Dish to pass
- Bring you own dishes (paper products discouraged)
- No drugs or Alcohol or be under the influence
- No smoking on school property.

Event sponsored by Maehnowesekiyah with contributions from Youth Development & Outreach, Menominee Tribal Clinic and Diabetes Prevention Program.

6th Grade PROJECT Alert

Graduation



45 6th Grade students from MIM\$ competed the Project Alert program. Project Alert, an 11 week Substance Abuse Prevention program for Middle School age students, began on September 23rd.

Why I have made the decision to choose a healthy life-style free from drugs...

"I say no, because it is bad for you at this age and I don't want to do it at this age and when I get older" Shaylah Tourtillett

"I chose that because I have a lot going for me and that could ruin my opportunity to be in a good college and have a good job. I also want to live clean and not choose that path because you never know what will happen when your under the influence of drugs and alcohol" Joan Waukau

"is because I don't want to do drugs and alcohol because it will mess up my brain and I need my brain for sports and school work and I want a good life" Alphonso Smith

"I chose not to do drugs and alcohol because I seen what happens to people when they are drunk and I don't want that to effect my future of education or getting a good job or money to take care of my family" Lauren Peters

The Students final assignment was to come up with as many activities as they can do instead of drugs and alcohol. Between the 3 classes the students came up with up a list of 900 activities. (and we thought they had nothing to do) a list will be forthcoming.

Students listed below received Movie and Bowling Incentives for Best Participation and Attendance

Best Attendance

Jay Johnson
Waylon Penass
Maniyanne Salgado
Caitelyn Shawanokasic
Neesha Dess
Melvin Fish

Best Participation

Jeanette Dick
John Long
Megan Peters
Jordynne Waupekenay
Bryce Corn
John Peters



The students will receive follow up Project Alert Lessons in 7th and 8th Grades

UNDERAGE DRINKING FORUM



DON'T BE A PARTY TO UNDERAGE DRINKING

On January 22nd, Maehnowesekiyah Prevention staff will attend the training entitled **PARENTS WHO HOST, LOSE THE MOST.**

The training will focus on environmental strategies to help our Community discourage adult hosted UAD parties.

The training provides a proven public information and media advocacy campaign with alcohol age compliance checks and party patrols to hold adults accountable for pouring, purchasing or providing alcohol to youth

Watch for more information on this exciting new strategy.

If you have questions or comments on this article please email them to rcchevalier@mitw.org

MWC—SMOKING PREVENTION



Is 2009 your year to quit???

You bet it is!!! If your New Years resolution was to quit smoking, welcome to your smoke-free life

Benefits

1. **Longer life**, Smoking takes years and months off your life, Be around for your children, Grand children and Great Grand children and Great, Great Grand children
2. **Feel better**— Get rid of that tired achy feeling, quitting smoking can greatly improve your health.
3. **Smell Better**—Smoking can leave a lasting stench on your hair, clothes and fingers, People will notice when you quit smoking.
4. **More money**—Add another \$75-\$150.00 to your wallet if you quit today.

Helpful tips

1. **Use Help Lines**—There are many Help lines and 800 numbers available to you. Try one.
2. **Join a Support Group**—having others to coach you and share your struggles with helps a lot.
3. **Try Nicotine Replacement therapy**—Talk to your doctor to see if these will work for you.
4. **Begin an Exercise Program**—There are many fitness programs out there or just start walking, **YOU CAN DO IT!!**

Paper or Plastic?

NEITHER!!!



Tens of thousands of whales, birds, seals and turtles are killed every year from plastic bag litter in the marine environment as they often mistake plastic bags for food such as jellyfish. Plastic bags, once ingested, cannot be digested or passed by an animal so it stays in their stomachs. Plastic in an animal's digestive tract can prevent food digestion and can lead to a very slow and painful death.

AS an alternative, use recyclable cloth tote bags, Help keep our Planet Clean.

BIODEGRADABILITY-capable of being decomposed.

HOW LONG DOES IT TAKE FOR THE FOLLOWING TO BIODEGRADE?

Plastic 6-pack holder rings-450 years

Glass bottles-1 million years

Plastic bottles-Forever

CMN-National Global Warming Teach-in

During the first week of February 2009, the College of Menominee Nation will host a series of workshops encouraging dialogue on our changing climate. Then on February 4th 2009 The College of Menominee Nation will host a National Global Warming teach-in. Maehnowesekiyah Wellness Center will provide a segment on ADDICTION as part of the program. The following is a tentative agenda

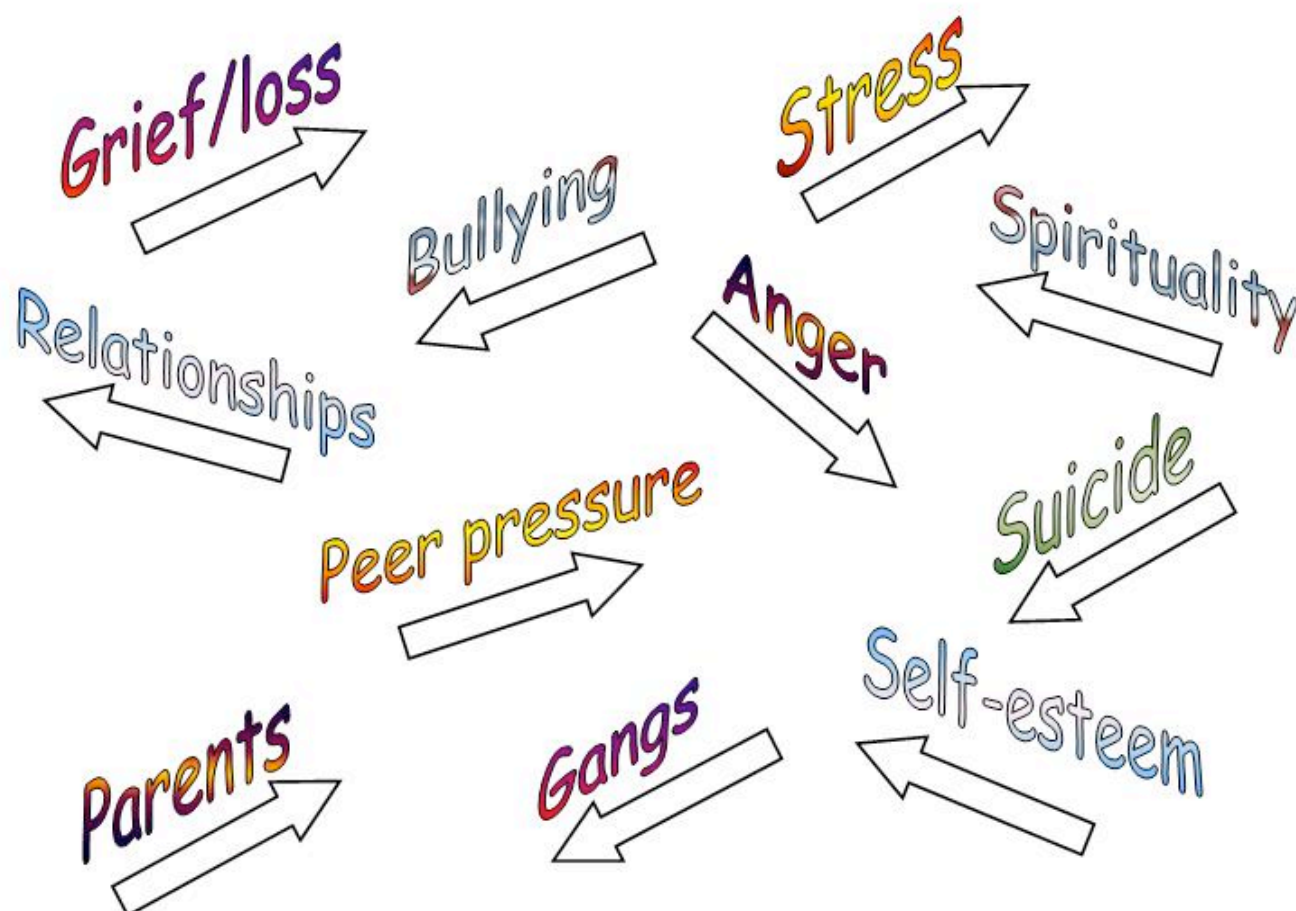
Date	Topic	SDI Facilitator	Proposed Guest(s)
2/2/2009	Climate Urgency	Mike Dockry	Dr. William Van Lopik, Dr. Victoria Yazzie, Alpha Creapeau
2/3/2009	Globalization and Climate Change	Nathan Fregien	Stephanie Erdmann, Mwata Chisha, Bhaskar Singh, Paul Linzmeyer
2/4/2009	Breaking the Addiction: Cigarettes, Alcohol, and Carbon	Beau Mitchell	CMN Vocational Rehabilitation Staff, Barbara Jordan, Maehnowesekiyah Prevention Staff
2/5/2009	Climate Change in Our Region: Policy Initiatives	Dale Kakkak	Dr. Patricia Brzezinski. Menominee, Oneida, Stockbridge tribal legislators, Tia Nelson (WI Board of Commissioners of Public Lands), Linda Parker (USFS Nicolet National Forest)
2/6/2009	Climate, Culture, Faith, and Thought	Melissa Cook	Dr. Dennis Vickers, Ryan Winn, Father Dave Kiefer, John Teller, Susan Phillips

Do you need somewhere to go to discuss the many issues you are facing these days?

Teen Support Group

Wednesdays 3:30p-4:30p in RmC11 (MIHS)


Understand how alcohol and drugs affects different areas of your life




This group is about you and for you!! Your ideas and concerns are greatly appreciated and welcomed.

Sponsored by Maehnowesekiyah Wellness Center-Adolescent AODA Program

We want to take this opportunity to close with a Special prayer that we use in our groups, we hope that it helps you as much it helps us.



The Serenity Prayer
God, Grant me the
Serenity to accept the
things I cannot change,
Courage to change the
things I can, and the
Wisdom to know the
difference.



The prayer written by Author Reinhold Niebuhr for use in a sermon, perhaps as early as 1934 was adopted by the AA (Alcoholics Anonymous) organization in 1950 (wikipedia.com)